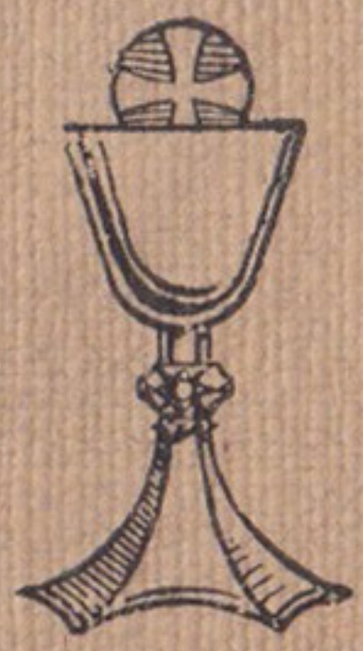
PRICE 5c

The Holy Hour.

AND OTHER VISITS TO THE BLESSED SACRAMENT.



THREE PENCE.

TALBOT & CO.,
13 Paternoster-Row. London, E.C. 4.

The Devotion of the Holy Hour consists in spending a continuous hour in prayer before Our Lord in the Blessed Sacrament in memory of His Agony in the Garden. "*Could ye not watch with Me one hour?*" *St. Matt.* 26. 40. In it we are (*i.*) to share His "sorrow unto death," (*ii.*) to join with Him in His prayer to His Eternal Father, and (*iii.*) share with Him, and in a manner soothe, His bitter grief and thereby (1) appease God's Anger and (2) ask pardon for sinners.

The Holy Hour may be made privately at any time between two o'clock on Thursday afternoon and sunrise on Friday. It is often made in common, especially in the evening before the First Friday of each month.

These prayers may be used for other Visits to the Blessed Sacrament.

O Jesus, hidden God, I cry to Thee;
O Jesus, hidden Light, I turn to Thee;
O Jesus, hidden Love, I run to Thee;
With all the strength I have, I worship Thee;
With all the love I have, I cling to Thee;
With all my soul, I long to be with Thee,
And fear no more to fail, or fall from Thee!

THE HOLY HOUR

AND OTHER VISITS TO THE BLESSED SACRAMENT.

TALBOT & CO..

13 Paternoster-Row. London, E.C. 4.

The Holy Hour.

First Quarter.

OFFERING OF THE HOLY HOUR.

MY most sweet Jesus, I desire during this hour to "watch" with Thee, and by the love of my poor heart, to console Thee for the bitter sorrow which overwhelmed Thee in the Garden of Gethsemane. I desire to forget myself and all that concerns me, excepting my sins, the foresight of which caused Thee so much suffering in Thine Agony, and as I was a cause of sorrow to Thee then, so now I desire to be to Thee a consolation . . . . . I offer Thee moreover this hour of prayer and reparation for the triumph of the Church, for the conversion of souls and of nations, and for every other intention for which Thou didst pray, sweat blood, endure Thy Agony, and accept Thy bitter Passion and Death. Angel of the Agony, help me so to pass this Holy Hour that I may console the Heart of my Jesus, and promote His interests throughout the world.

From *The Voice of the Sacred Heart.*

Our Father. Hail Mary. Holy Mary, make my heart like to yours and to your loving Son's.

ADORATION.

JESUS, my Lord and my God, Son of God and Son of the Virgin Mary, I believe that Thou art here, and I *adore* Thee . . . . Behind the whiteness of the Sacred Host I believe That Thou art present in perfect, glorious manhood, and I *adore* Thee . . . . With the angels of Thy court I kneel in humble adoration . . . . With all Thy saints Thy poor servant adores Thee . . . . With Thy holy Mother Mary I kneel in here in humble adoration. . . . . .

JESUS, my God, I adore Thee here present in the Sacrament of Thy love.

MY Lord and my God!

BLESSED and praised every moment be the most holy and divine Sacrament.

THANKSGIVING.

O MY God, I thank Thee for all the favours Thou hast bestowed upon me . . . I give Thee thanks from the bottom of my heart for having created me, ... for all the joys of life and for all the sorrows, ... for the home Thou gavest me, and for all the love that surrounded me in my home, ... for the friends I have made through life. . . .

My Lord God, I thank Thee for guarding me always, and keeping me safe. . . . I thank Thee for forgiving me so often and so easily in the Sacrament of Penance, ... for offering Thyself in the Holy Mass with all Thy infinite merits to the Father for me, ... for coming from Heaven to me in Holy

Communion, in spite of the coldness of my welcome, ... for Thy patient waiting in the adorable Sacrament of the Altar. . . .

My Jesus, I thank Thee for having lived and worked and died for me, . . . I thank Thee for Thy love. . . . I thank Thee, Lord, for preparing a place in Heaven for me, where I hope to be happy always with Thee, and to thank Thee always.

Thou hast dealt very generously and very tenderly with me; I cannot hope to thank Thee as I ought; but, with Thy help, my future life will be one long thanksgiving. I beg Thy sweet Mother Mary to thank Thee for me out of her heart of hearts for all Thy gifts of love to me.

MAY the Heart of Jesus be everywhere loved.

O SACRAMENT most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine.

TRUST.

My Lord and my God, I believe all that Thou hast ever taught. . . . There is nothing harder for me to believe than Thy personal love for one so sinful and so worthless as I am; but I do believe it, Lord, *and therefore, O Sacred Heart of Jesus, I place all my trust in Thee.*

I believe that Thy love for me is not an affair of yesterday: "Thou hast loved me with an everlasting love," *and therefore, etc.*

I believe Thy love for me is as tender as a mother's love, *and therefore, etc.*

I believe Thou hast planned everything that shall ever happen to me, lovingly and wisely, *and therefore, etc.*

I will never break Thy Law to free myself from burdens, *because I trust in Thee, O Sacred Heart of Jesus.*

I will never seek pleasure forbidden by Thee, because thou knowest what is bad for me and what is good, *and I trust, etc.*

I will never again yield to human respect, *because I trust, etc.*

I will always pray : " May Thy holy Will be done in all things," *because I trust, etc.*

I will accept the crosses of life as I accept the joys, with a grateful heart, *because I trust, etc.*

I will not be worried or anxious about anything, *because I trust, etc.*

I will never lose heart in my efforts to be good, *because I trust, etc.*

However weak or sinful I may be, I will never doubt, *because I trust, etc.*

In all my temptations
In all my weakness
In all my difficulties
In all my trials
In all my sorrows
In every failure
In every discouragement
In all my undertakings
In life and in death
In time and eternity

I place my trust in Thee, O Sacred Heart of Jesus.

IF Thou wilt have me to be in darkness, be Thou blessed ; if Thou wilt have me to be in light, be Thou blessed again !

If Thou vouchsafest to comfort me, be Thou blessed; and if it be Thy Will that I be afflicted, be Thou always equally blessed.

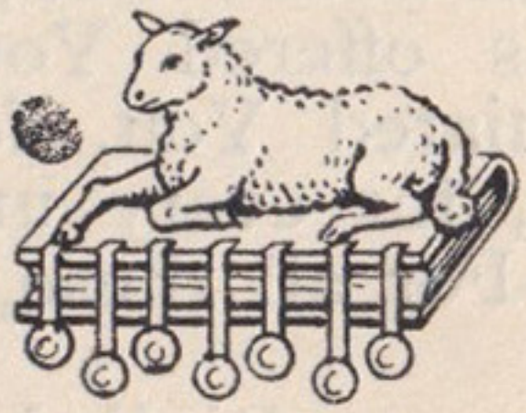
Keep me from all sin, and I shall fear neither death nor hell—so only Thou cast me not off for ever, nor blot me out of the Book of Life, no tribulation that befalls me will hurt. (*Imitation, Book iii. chap. xvii.*)

O HEART of love, I place all my trust in Thee, for though I fear all things from my weakness, I hope all things from Thy mercies. (*Saint Margaret Mary, d.* 1690).

SACRED Heart of Jesus, I trust in Thee.

Litany of the Holy Name.

Rosary—Joyful Mysteries.



Second Quarter.

REPARATION.

MOST sweet Jesus, I give thanks to You and bless You, by the hearts of all rational beings, in reparation for all the blasphemies, for all the outrages, heaped upon You here on earth.

I bless You for every sigh, for every tear, for every sorrow You endured.

I bless You for every drop of Blood You shed in Your Passion, for every blow You got, for every grief You felt.

I bless You for every step You took along that road of suffering, for every time Your strength gave out.

I bless You for every wound inflicted on You by the cruel scourges, for every thorn that pierced Your Brow, for every time Your sacred and adorable Face was spat upon.

For every bond that bound You, for every mockery and insult that was offered You, for every false witness that calumniated You, for every falsehood uttered against You, for every unjust sentence pronounced upon You—For all these, I bless and praise You.

All these blessings, multiplied a thousandfold, I now offer You, my Saviour, and would fain renew them every instant of my life. Amen. (*St. Gertrude, d.* 1302).

SACRED Heart of Jesus, I believe in Thy love for me.

SWEET Heart of Jesus, be Thou my love.

O ADORABLE Heart of Jesus, if men did but know You, how they would love You. (*Père de Tournély, d.* 1797).

To Jesus My Friend.

O JESUS! You are my true Friend, my only friend. You take a part in all my misfortunes; You take them on Yourself; You know how to change them into blessings. You listen to me with the greatest kindness when I relate my troubles to You, and You have always balm to pour on my wounds.

I find You at all times; I find You everywhere, You never go away: if I have to change my dwelling, I find You there wherever I go. You are never weary of listening to me, You are never tired of doing me good. I am certain of being beloved by You, if I love You; my goods are nothing to You, and by bestowing Yours on me You never grow poor; however miserable *I* may be, no one nobler or cleverer or even holier can come between You and me, and deprive me of Your friendship; and death, which tears us away from all other friends, will unite me for ever to You. All the humiliations attached to old age, or to the loss of honour will never detach You from me; on the contrary, I shall never enjoy You more fully, and You will never be closer to me than when everything seems to conspire against me to overwhelm me and to cast me down. You bear with all my faults with extreme patience, and even my want of fidelity and my ingratitude do not wound You to such a degree as to make You unwilling to receive me back when I return to You. O Jesus, grant that I may die praising You, that I may die for the love of You. Amen.

(*Ven. Claude de la Colombière, d.* 1682).

Anima Christi.

Soul of Christ be my Sanctification.
Body of Christ be my Salvation.
Blood of Christ fill all my veins.
Water of Christ's side wash out my stains.
Passion of Christ my comfort be.
O good Jesu, listen to me.
In Thy wounds I fain would hide,
Ne'er to be parted from Thy side.
Guard me should the foe assail me.
Call me when my life shall fail me.
Bid me come to Thee above,
With Thy Saints to sing Thy love.
World without end. Amen.

[*In time of Suffering.* DIVINE Lord, I thank Thee for this little cross, and I offer it to Thee with Thine own heavy Cross for all the intentions of Thy Sacred Heart. (*Fr. J. Curtis, S.J.*)]

MY God, I believe in Thee because Thou art truth itself, I hope in Thee, because Thou art infinitely good, I love Thee with all my heart because Thou art sovereignly amiable (*more to be loved than all others*), and I love my neighbour as myself for the love of Thee.

MAY my life, O my Jesus, be entirely devoted to Thee. May it be spent in the peaceful endeavour to lead others to know and love Thee, and when weary with labour, I sigh for repose, may I find it in Thy Sacramental Presence, in the pure joy of the Holy Eucharist. Amen.

Act of Perfect Charity.

O MY God, even though I never received a benefit from Thy Hand, even if Heaven and Hell did not exist, still I would love Thee most truly, because

Thou art infinite Goodness, infinite Beauty, and infinite Love. Amen.

CONSOLATION.

O LOVING Heart of Jesus, prostrate before Thee, we wish to console Thee for all the coldness, irreverence, ingratitude, and sacrileges wherewith the greater part of mankind requite so cruelly Thy wonderful love in the adorable Sacrament of the Altar.

We Promise that for the future

For the forgetfulness and ingratitude of men,
For the way Thou art deserted in Thy Tabernacle,
For the crimes of sinners,
For the blasphemies uttered against Thee,
For the sacrileges which profane Thy Sacrament of Love,
For the irreverence committed in Thy Sacred Presence,
For the coldness of the greater part of Thy children,
For the abuse of Thy grace,
For our own unfaithfulness,
For the incomprehensible hardness of our hearts,
For our long delay in loving Thee,
For our tepidity in Thy holy service,
For Thy bitter sadness at the loss of souls,
For Thy long waiting at the door of our hearts,
For Thy loving sighs,
For Thy loving tears,
For Thy loving imprisonment,
For Thy loving death,

We will console Thee, O Lord.

O Jesus, Divine Saviour! from Whose Heart came forth this bitter complaint: "I looked for one that would grieve together with Me, but there was none: and for one that would comfort Me, and I found none," graciously accept the feeble consolation we offer Thee, and aid us so powerfully by Thy grace, that we may, for the time to come, shun more and more all that can displease Thee, and prove ourselves in everything, everywhere, and for ever, Thy most faithful and devoted children.

O JESUS, my Divine Friend and Lover, I promise to console Thee in the future by loving service. Mere words are worth little if my life displeases Thee. I promise to be more attentive to my prayers, to be more regular and fervent in my reception of Thee in Holy Communion, and to avoid giving Thee deliberate offence again. . . . I am weak and unstable, but help me, O Lord Jesus, to make Thee reparation for the past, and to console Thee during my future life for all Thy Sacred Heart has suffered.

LORD Jesus Christ, who hast chosen to expose Thyself to all the outrages of the impious, rather than withdraw Thy Sacred Body from our Churches; grant us the grace to bewail, with true bitterness of heart, the injuries and sacrileges committed against Thee: and to repair, as far as lies in our power, and with sincere love, the many ignominies and contempts Thou hast received, and still continuest to receive in this ineffable mystery. Who livest and reignest with God the Father, in the unity of the Holy Ghost, for ever and ever. Amen.

EUCHARISTIC Heart of Jesus, have mercy on us.

MAY the Heart of Jesus in the most Blessed Sacrament be praised, adored and loved with grateful affection at every moment in all the tabernacles of the world, even to the end of time.

Litany of the Sacred Heart.

Rosary—Sorrowful Mysteries.

Third Quarter.

PETITION.

Act of Spiritual Communion.

MY Jesus, I believe that Thou art in the Blessed Sacrament, I love Thee above everything, and I long for Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already come, I embrace Thee and unite myself to Thee; allow me not to be separated from Thee.

Jesus, my good, my sweet love,
Wound and inflame this heart of mine
So that it may be always and all in fire for Thee.

(*St. Alphonsus Ligouri, d.* 1787).

LORD Jesus, may I know myself and know Thee,
And desire nothing save only Thee.
May I hate myself and love Thee.
May I do everything for the sake of Thee.
May I think of nothing except Thee.
May I humble myself and exalt Thee.
May I die to myself and live in Thee.
May I receive whatever happens as from Thee.
May I banish self and follow Thee,
And ever desire to follow Thee.
May I fly from myself and fly to Thee,
That I may deserve to be defended by Thee.
May I fear for myself and fear Thee,
And be among those who are chosen by Thee.
May I distrust myself and trust in Thee.
May I be willing to obey on account of Thee.

May I cling to nothing but to Thee.
May I be poor for the sake of Thee.
Call me that I may see Thee,
And ever and ever enjoy Thee.

(*St. Augustine, d.* 430).

MY Jesus, mercy!

MY sweetest Jesus, be not to me a Judge, but a Saviour.

MOST sweet Jesus, increase my faith, hope and charity, and give me a humble and contrite heart.

O HEART of Jesus in the Blessed Sacrament, burning with love for us, inflame our hearts with love of Thee.

JESUS, meek and humble of heart, make my heart like unto Thine.

MAY the most just, most high, and most adorable Will of God, be in all things done, praised, and magnified for ever.

GRANT me, most kind Jesus, Thy grace, that it may abide with me, and persevere with me to the end.

Grant me ever to desire and to will that which is the more acceptable to Thee, and pleases Thee more clearly.

May Thy will be mine, and my will ever follow Thine, and be in closest accord with it.

May it be my one care to will and to be unwilling with Thee, and may I be unable to will or not will anything but what Thou willest or willest not.

(*Imitation, Book iii., Chap. xv.*)

TAKE, O Lord, all my liberty. Receive my memory, understanding and entire will. Thou hast bestowed on me whatever I have or possess : I give all back to Thee, and deliver it to Thee to be entirely subject to Thy Will. Only grant me Thy love and Thy grace, and I am rich enough and ask for nothing more. (*St. Ignatius Loyola, d.* 1556).

MY God and my All!

O LORD my God, I now at this moment readily and willingly accept at Thy hand whatever kind of death it may please Thee to send me, with all its pains, penalties and sorrows.

SACRED Heart of Jesus, my light, my love and my life, grant that I may know but Thee, that I may love but Thee, and I may live only by Thee, in Thee, through Thee, and for Thee. (*St. Madeleine Sophie, d.* 1865).

SUPPLICATION.

ETERNAL Father, I offer Thee the Precious Blood of Jesus Christ in satisfaction for my sins and for the wants of Holy Church.

For the Church. O MOST Sacred Heart of Jesus, pour down Thy blessings abundantly upon Thy Church, upon the Supreme Pontiff, and upon all the clergy ; give perseverance to the just, convert sinners, enlighten unbelievers, bless our parents (*relations*), friends and benefactors, help the dying, free the souls in Purgatory, and extend over all hearts the sweet empire of Thy love. Amen.

SACRED Heart of Jesus, may Thy Kingdom come.

For Unity. *Ant.* THAT they all may be One as Thou, Father, in Me, and I in Thee: that they also may be One in Us, that the world may believe that Thou hast sent Me.

℣ I say to thee that thou art Peter.

℟ And upon this rock I will build My Church.

Let us pray.

O Lord Jesus Christ, Who saidst unto Thine Apostles: Peace I leave with you, My peace I give unto you; regard not our sins, but the faith of Thy Church: and grant unto her that Peace and Unity which are agreeable to Thy Will; Who livest and reignest God, world without end. Amen.

For the Conversion of England. SPARE, O Lord, spare Thy people, and be not angry with us for ever. (*Three times*).

SACRED Heart of Jesus! have mercy on England.

For Priests. O JESUS, Eternal Priest, keep Thy priests within the shelter of Thy Sacred Heart, where none may touch them.—Keep unstained their anointed hands, which daily touch Thy Sacred Body.—Keep unsullied their lips, daily purpled with Thy Precious Blood.—Keep pure and unworldly their hearts, sealed with the sublime mark of priesthood.—Let Thy holy love surround them from the world's contagion.—Bless their labours with abundant fruit, and may the souls to whom they minister be their

joy and consolation here and their everlasting c own hereafter. Amen.

For Families MOST Sacred Heart of Jesus, protect our families.

For Benefactors. REWARD, O Lord, with eternal life, all those who do us good, for Thy Name's sake. Amen.

For the Conversion of Sinners. O LORD Jesus, most merciful Saviour of the world, we beg and beseech Thee, through Thy most Sacred Heart, that all wandering sheep may now return to Thee, the Shepherd and Bishop of their souls. Who livest and reignest with God the Father and the Holy Ghost, God for ever and ever. Amen.

DIVINE Heart of Jesus, convert sinners, save the dying, deliver the Holy Souls in Purgatory.

For the Dead. DEAR Lord Jesus, grant them (him *or* her) eternal rest.

JESUS in the most Holy Sacrament, have mercy on us.

O MOST merciful Jesus, lover of souls, I pray Thee by the agony of Thy most Sacred Heart and by the sorrows of Thy Immaculate Mother, cleanse in Thine own Blood the sinners of the whole world who are now in their agony and are to die this day. Heart of Jesus, once in agony, have pity on the dying.

Seven Offerings of the Precious Blood.

Rosary—Glorious Mysteries.

Fourth Quarter.

LOVE.

COME, Holy Ghost, fill the hearts of Thy faithful, and kindle in them the fire of Thy love.

HEART of Jesus, Thou lovest; Thou art not loved; O would that Thou wert loved. O Heart of Jesus, give me only Thy grace and Thy love, : and then do with me what Thou wilt. (*St. Francis of Sales, d.* 1622).

O MY Jesus, Thou knowest well that I love Thee; but I do not love Thee enough; O grant that I may love Thee more. O Love that burnest ever, and never failest! My God, Thou Who art charity itself, enkindle in my heart that divine fire which consumes the saints and transforms them into Thee. Amen.

Litany of the Love of God.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
} *Have mercy on us.*

Thou, Who art Infinite Love,
Thou, Who didst first love me,
Thou, Who commandest me to love Thee,
With all my heart,
With all my soul,
With all my mind,
With all my strength,
Above all possessions and honours,
Above all pleasures and enjoyments,
More than myself,
More than everything belonging to me,
More than all my relatives and friends,
More than all men and angels,
Above all created things in heaven and on earth,
Only for Thyself,
Because Thou art the Sovereign Good,
Because Thou art infinitely worthy of being loved,
Even hadst Thou not promised me heaven,
Even hadst Thou not menaced me with hell,
Even shouldst Thou try me with want and misfortune,
In wealth and in poverty,
In prosperity and in adversity,
In health and in sickness,
In life and in death,
In time and in eternity,
In union with that love wherewith the saints love Thee,
In union with that love wherewith all the angels love Thee in Heaven,
In union with that love wherewith the Blessed Virgin loves Thee,
In union with that love wherewith Thou lovest Thyself eternally.

I love Thee, O my God.

Let us pray.

MY God, I love Thee; I desire to love Thee in all, and through all, and above all. Take this poor heart of mine and warm it so that all my thoughts and hopes and ambition may centre round Thee.

JESUS, my God, I love Thee above all things.

O MY God, I love Thee with my whole heart, and above all things, because Thou art the Supreme Good, and worthy of all my love. I am sorry for having displeased Thy infinite goodness by my sins. I desire to do Thy holy will, and to love Thee more and more. For the love of Thee, I will love my neighbour as myself.

Resolutions.

Pause for a moment. . . . listen; He, our Friend, with Whom we have been pleading, is asking for something. Do not refuse Him, give Him generously what He wants. Is it to give up a sinful habit? Is it to relinquish some pleasure? To be more kind in speech, more patient, more humble? . . . . Promise Him now, and let your resolution be the proof of your desire to love Him more and more, to respond to His Divine inspirations, and to atone for your past coldness and neglect.

DEAREST Lord, teach me to be generous, teach me to serve Thee as Thou deservest, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to seek reward save that of knowing that I do Thy Will. Amen.

(Here read, or go over in your mind, the resolutions you intend, with God's help, to keep, concerning your prayers, the frequentation of the Sacraments, the avoidance of sin and the occasions of sin, your daily duties, etc. There is no better way of consoling the Sacred Heart for the coldness and the sins of other years).

O SWEETEST Heart of Jesus, I implore
That I may ever love Thee more and more.

HEART of Jesus, burning with love for us
Inflame our hearts with love of Thee.

O GOD, grant that I may love Thee, and, as the sole reward of my love, grant that I may ever love Thee more and more.

Consecration.

I GIVE and consecrate to the Sacred Heart of Our Lord Jesus Christ my person and my life, my actions, penances and sufferings, not wishing to make use of any part of my being for the future except in honouring, loving and glorifying that Sacred Heart.

It is my inevocable will to be entirely His, and to do everything for His love, renouncing with my whole heart whatever might displease Him.

I take Thee then, O Sacred Heart, as the sole object of my love, as the protector of my life, as the pledge of my salvation, as the remedy of my frailty and inconstancy, as the repairer of all the defects of my life, and as my secure refuge in the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and remove far from me the thunderbolts of His wrath. O Heart of Love, I place

my whole confidence in Thee. While I fear all things from my malice and frailty, I hope all things from Thy goodness.

Consume then in me whatever can displace or be opposed to Thee, and may Thy pure love be so deeply impressed upon my heart that it may be impossible that I should ever be separated from Thee, or forget Thee.

I implore Thee by all Thy goodness, that my name may be written in Thee, for in Thee I wish to place all my happiness and all my glory, living and dying in very bondage to Thee. Amen.

(*St. Margaret Mary, d.* 1690).

Short Act of Consecration.

O Sacred Heart of Jesus, I consecrate to Thee myself and all that I have—my body, my soul, my work, my home, and all those dear to me. Take charge of and bless me and mine, and bring us all to Thyself.

Magnificat. *Benedictus.*

Nunc dimittis. *Te Deum.*

BEFORE BENEDICTION.

O my Jesus, Fountain of inexhaustible Benediction, Thou who didst bless the Apostles before Thou didst ascend into Heaven—bless me also—and with Thy Presence sanctify me. Bless my memory that it may ever recollect Thee; bless my understanding that it may ever think of Thee; bless my will that it may never seek or desire that which may be displeasing to Thee; bless my body and all its actions; bless my heart with all its affections; bless me now and at the hour of my death; bless me in time and in eternity, and grant that Thy most sweet blessing may be to me a pledge of eternal happiness. Bless my brethren, the faithful; bless my dear ones; bless every one I love, and every one to whom I owe any gratitude, and bring me and them to rest in Thy Sacred Heart for ever. Amen.

O sweetest Jesus, bring me home to Thee;
Free me, O dearest God, from all but Thee;
And break all chains that keep me back from Thee;
Call me, O thrilling Love, I follow Thee:
Thou art my all, and I have nought but Thee.

GOD ALONE.

No one worth serving, but God;
No one so tender, so grateful.
No one worth trusting, but God;
No friend so unchanging, so faithful.
No one worth loving, but God;
No heart holds His wealth of affection.
No one worth seeking, but God—
In His exquisite, endless perfection.

(*Kathleen Donegan*).